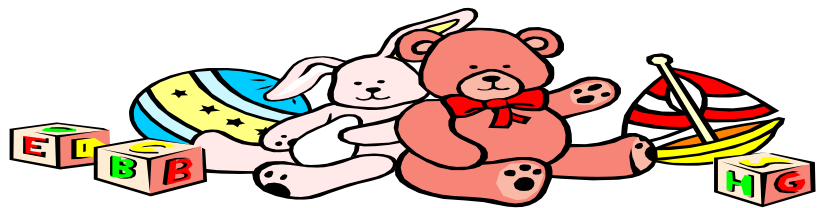


MEMORIAL SCHOLARSHIP SPONSORED BY LONDON CHIEF PETTY OFFICER'S ASSOCIATION

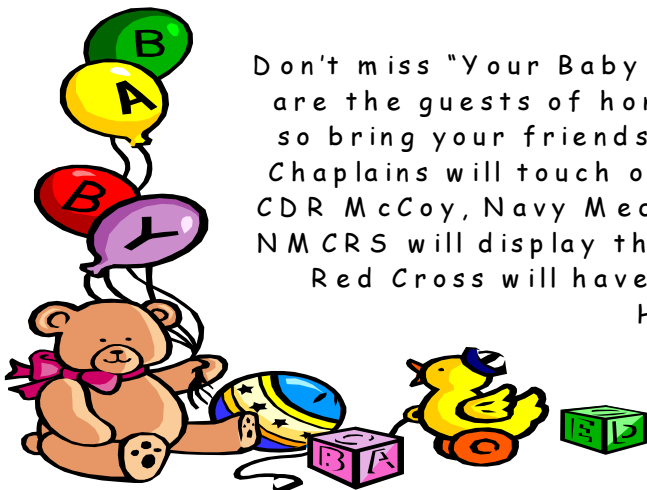
The London Chief Petty Officer's Association (CPOA) is sponsoring a \$500 scholarship in honor of the children of former NAVEUR PNC Eugene and Mrs. Rhonda Leonard. This scholarship honors the memories of Jeremiah and Christy Anne Leonard, London Central High School Students from 1992 to 1994. Their lives ended tragically on 6 November 1994. On behalf of those who had the honor and privilege to have known them, the Jeremiah and Christy Anne Leonard Memorial Scholarship has been established to recognize deserving individuals who have similarly distinguished themselves in school athletics and the community.

The London Chief Petty Officers' Association is honored to be the Scholarship Administrator and welcomes enthusiastic participation from the students of London Central High School. Application forms will be available at the London Central High School Guidance Counselors' Office and 7 North Audley Education Service Center



YOU'RE INVITED TO
YOUR BABY SHOWER!

Thursday 5th April 09:00 - 12:00
Medical Training Room B/C
RSVP to Gloria Blevins at the FSC
01895-61-6500



Don't miss "Your Baby Shower"! All new and expectant parents are the guests of honor, but the shower is open to everyone, so bring your friends! PSD information will be provided, the Chaplains will touch on the religious ceremonies available, and CDR McCoy, Navy Medical will discuss post-partum depression. NM CRS will display their "Budgeting for Baby" layette and the Red Cross will have sign-ups for the "Healthy Pregnancy, Healthy Baby" class.

Baby Shower games, prizes, gifts, and refreshments for everyone!



Going once...

Going twice...

Sold!!!

These words were heard frequently by attendees of the fourth annual Navy-Marine Corps Relief Society Reception and Auction. This event, held on 7 March at the American Embassy was a rousing success. Over 250 people attended, enjoying food and drinks and a chance at a number of door prizes. For those lucky winners, their 10-



pound entrance fee got them more than they expected. Door prizes given out included dinner for two at a local restaurant, baskets of beanie babies and a microwave oven!

For the more adventurous folks in the crowd, the highlight of the evening was a lively auction. Auction items ranged from coffee mugs and pen sets to “Bobby” hats, handcuffs and other gear donated by London area policemen and women as well as police

memorabilia from the US. Also available were souvenir items from NASA, Congress and the United States Supreme Court, a Sony Playstation II and two round trip airline tickets donated by United Airlines. It was definitely the night to pick up one-of-a-kind souvenirs!

While successful bidders took away a wealth of valued treasures, the local military community was the big winner. \$7500 raised at this year’s event will be donated to Navy-Marine Corps Relief Society to provide financial assistance to Navy and Marine Corps members and their families in time of need. NMCRS London would like to take this opportunity to thank all those who attended, as well as those people who helped out or donated items for the event. We couldn’t have done it without you. We hope to see all of you again at next year’s auction. And for those who missed it—mark your calendars for the first week of March 2002!





American Red Cross

American Red Cross Youth in Action



Welcome to all the teens actively involved in providing their services in the RAF Fairford, High Wycombe and West Ruislip areas. These teens, students at London Central High School, have banded together to form a volunteer nucleus in their respective communities. From reading to children at the library, to clean up of base facilities to working in the soup kitchen. These Teens are making a Difference!

Thank You!

Did you Know

The first known Youth Activity ...



related to the American Red Cross took place in Waterford, Pennsylvania in 1884. Six children put on a play that raised more than 50 dollars that they donated to the then 3 year old American Red Cross



HEALTH & SAFETY NEWS:

The next CPR & First Aid class will be held April 14, 2001 in building 115 starting at 08:00 hours.

Please phone: 01895-616630 or stop by building 115 to register Monday through Friday, 08:00 to 17:00

VOLUNTEER CORNER



Have a few hours to spare???
Come see us at the Red Cross
Office, we'll put you to
work!



West Ruislip Fitness Center introduces new equipment!

It was time. The Universal multi-station and the Nautilus pieces had served us well, but a new generation of fitness equipment was poised to come in. All the MWR Fitness Staff waited impatiently for the day that the new Icarian fitness equipment could be delivered. Finally, and with much coordination of people, vans, forklifts and muscle power, out went the old and in came the new! Tell us what you think!



New!



Icarian equipment provides multiple exercise options with each piece, and is easier to work around. Combine pec deck action with flies, to the new cable crossovers, and the terrific leg curl machine. The hack squat has already received enthusiastic response and the new power cage is a lifer's dream!

New to resistance exercises? – NO PROBLEM! All of our trainers are happy to help get you acquainted with the equipment. You can also sign up with one of our trainers for "Learn to Lift", for a personalized program.

